

~NOVEMBER 2014~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Whole grain Mac & Cheese Fresh Fruit Vegetable Yogurt & cottage cheese Salad Bar Milk	4 Bar-B-Q chicken Sweet potato fries Fresh Fruit Vegetable Salad Bar Water	5 Vegetable lasagne Garlic Bread Fresh Fruit & Vegetable Yogurt & cottage cheese Salad Bar Milk	6 Baked fish Israeli couscous Cucumbers & Fresh Fruit Yogurt & cottage cheese Salad Bar Milk	7 Pizza Fresh Fruit Carrots Yogurt & cottage cheese Salad Bar Milk	8
9	10 Turkey Meatloaf Roasted potatoes Vegetable Fruit Salad Bar Water	11 Bagels & Blintzes Tomato & cucumbers Fresh Fruit Yogurt & cottage cheese Salad Bar Milk	12 Cheese quesadillas Rice Carrots & Fresh fruit Yogurt and cottage cheese Salad bar Milk	13 Falafel on pita Israeli couscous & salad Fresh fruit Yogurt and cottage cheese Salad bar Milk	14 Pierogies Vegetable Fresh Fruit Yogurt & cottage cheese Salad Bar Milk	15
16	17 Schwarma Mashed potatoes Vegetable Fruit Salad bar Water	18 Soft Tacos on ww torillias Brown rice Corn and beans Fruit Yogurt & cottage cheese Salad Bar Milk	19 <b>EARLY DISMISSAL</b>	20 Chicken Stir Fry Brown rice Asian Vegetables Fruit Salad Bar Water	21 Scrambled Eggs Hash Browns Vegetable Fruit Yogurt & cottage cheese Salad Bar Milk	22
23	24 Hamburgers French fries Vegetable Fruit Salad bar Water	25 Turkey deli on ww Tater tots Green beans Fruit Salad bar Water	26 <b>EARLY DISMISSAL</b>	27 <b>CLOSED</b>	28 <b>CLOSED</b>	29
30	<b>Notes:</b>					

